

## Heart Healthy Summer Recipes

### Mandarin Orange Spinach Salad

1/3 c slivered almonds  
1/3 c olive oil  
4 Tbsp rice wine vinegar  
3 Tbsp sugar  
1/4 tsp salt  
1/4 tsp pepper  
Tobasco sauce  
2 tsp dried parsley  
2 (10oz) bags washed spinach leaves  
2 (8oz) cans mandarin oranges, drained

#### Directions:

- Prepare dressing by whisking together olive oil, vinegar, sugar, salt, pepper, Tobasco sauce and parsley
  - Toss spinach with salad dressing; add almonds and top with mandarin oranges
  - Recipe from *A La Carte from the Heart*
  - Per Serving (1 cup): Calories 52; Fat 5gm; Protein 1.7g; Fiber 1.4gm; Cholesterol 2mg; Sodium 215mg; Carbohydrate 6gm
  - Makes 12 servings
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### Corn and Black Bean Salad

4c fresh or frozen corn kernels  
2 cans(15oz each) black beans, low-sodium and rinsed before use  
3 medium-sized tomatoes, chopped  
1/4 c minced cilantro  
1/2 c minced red onion

#### Dressing

1/4 c lime juice  
1/3 c sherry vinegar (or red wine vinegar)  
1 Tbsp Dijon mustard  
2 tsp cumin  
3 Tbsp salad oil (olive or canola)

#### Directions:

- Warm corn kernels in microwave or under warm water; drain
- In a bowl, stir together corn, beans, tomatoes, cilantro and onion
- Prepare dressing by stirring together lime juice, vinegar, mustard and cumin; add oil and whisk until blended
- Pour dressing over vegetables and *Light and Healthy Cookbook* mix well
- Recipe from *Light and Tasty*
- Per serving: Calories 183; Fat 5; Protein 8; Cholesterol 0mg; Sodium 388mg; Carbohydrate 29gm
- Makes 10 servings

### **Cumin Chips**

4 tsp fresh lime juice  
2 tsp canola oil  
½ tsp ground cumin  
12, 6inch tortillas  
Cooking spray  
¼ tsp salt

#### **Directions:**

- Preheat oven to 375 degrees
  - Combine first three ingredients in a small bowl; brush each tortilla with juice mixture; cut into 6 wedges (each tortilla)
  - Arrange wedges into single layer on two baking sheets coated with cooking spray
  - Bake at 375 degrees for 30 minutes or until crisp; turning chips and rotating about every 10 minutes
  - Recipe from *Cooking Light*
  - Serving size (9 chips): Calories 42; Fat 1.6g; Protein 0.8g; Fiber 5g; Cholesterol 0mg; Sodium 78mg; Carbohydrate 7g
  - Makes 8-10 servings
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### **Mango Salsa**

2 c diced peeled mango (about 2 mangoes)  
2 c diced seeded tomato  
2 Tbsp chopped red onion  
2 Tbsp chopped fresh cilantro  
2 Tbsp diced jalapeno pepper  
2 Tbsp fresh lime juice  
1 tsp sugar  
¼ tsp salt

#### **Directions:**

- Combine all ingredients in a medium bowl; toll gently
- Cover and chill
- Makes 4 cups
- Recipe from *Cooking Light*
- Serving size (1/2 cup): Calories 45; Fat 0.2g; Protein 0.7g; Fiber 1.5g; Cholesterol 0mg; Sodium 77mg; Carbohydrate 11.6g

**Homemade Trail Mix**

1 c raisins or dried cranberries  
1 c almonds, peanuts or nut of your choice  
1 c high fiber cereal (Cheerios, Fiber-One, etc)  
½ c chocolate morsels  
1 Tbsp cinnamon

**Directions:**

- Combine all ingredients in a zip-lock bag, and shake to mix and coat with cinnamon
- Make 8 serving

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**Strawberry Agua Fresca**

2 pints frozen strawberries sweetened with Splenda  
6 cup cold water or flavored carbonated beverages  
2 Tbsp chopped fresh mint  
4 tsp fresh lime juice

**Directions:**

- Add mint leaves to pitcher and bruise with wooden spoon
- Add strawberries, water and lime juice; mix until blended
- Makes 8, 1 cup servings
- Recipe from *Cooking Light*
- Serving Size (1 cup): Calories 52; Fat 0g; Protein 0g; Fiber 1.8g; Cholesterol 0mg; Sodium 1mg; Carbohydrate 13g